Movement Variability
Runners should get power and push from the pelvis and trunk. Joints in these areas should have the ability to move in a combination of motion; back, up, and in or forward, down, and out. This pattern of movement is different when one foot is on the ground and the other leg is swinging through the air. Many runners have faulty movement patterns and get “stuck” in a position not allowing this normal combination of movement to occur. This inability to move correctly can develop from normal human asymmetry. All humans, whether right or left handed, favor their right leg and arm due to internal organ asymmetry. This asymmetry is reinforced in our culture with counterclockwise tracks, baseball diamonds and grocery stores, right placed car ignitions, rearview mirrors, computer mouses, and door handles, or reading left to right, etc. This asymmetry coupled with the repetitive motion of running can reinforce faulty movement patterns. Faulty movement patterns cause malaligned joints resulting in muscles not being worked in the correct position, ineffective respiration, and decrease efficiency.

Aerobic Capacity
Runners without movement variability will not achieve their maximum aerobic capacity. Conversely, runners will not maintain movement variability without specific aerobic capacity. Runners who have the combination of movement variability and aerobic capacity run with power, efficiency, free of injury and hit PRs!

A Running Clinic

Movement Variability

+  

Aerobic Capacity

=  

Running with power and efficiency, injury free and hitting PRs.

Saturday, August 8th 2015
8:30am to 12:00pm
Hruska Clinic

Sponsored by:

HRUSKA CLINIC
Restorative Physical Therapy Services
This clinic is designed for the runner looking to improve performance, hit PR’s, and avoid injuries. A unique and powerful approach to running will be provided with explanation, demonstration, and exercise programs as they relate to movement variability and aerobic capacity.

**COURSE DESCRIPTION**

**SPEAKER BIOGRAPHY**

*Eric Oetter*  Eric is an author, speaker, coach, and student, concurrently pursuing his DPT from the Emory University School of Medicine and PhD from the Georgia Institute of Technology. Following an injury-shorted athletic career at Georgia Tech, Eric has coached a diverse clientele at two of the top gyms in the country, Indianapolis Fitness and Sports Training and Cressy Performance. He has since authored a monthly research review column in a British sports magazine, written 15 articles for various publications, served as a consultant for coaches at Purdue University, been an invited speaker and course instructor in locations across the country, and was recently named one of the Top 25 Fitness Industry Rising Stars by FitnessBusinessInterviews.com. Eric champions the principles of Postural Restoration Institute and has been formally trained in the methodologies of DNS, FMS/SFMA, PRRT, and Neurodynamics, among others. His articles can be found on EricCressey.com, 8weeksout.com, and in Fighting Fit Magazine.

*Lori Thomsen*  Lori completed her Bachelor of Biology degree from Nebraska Wesleyan University in Lincoln and her Master of Physical Therapy from the University of Nebraska Medical Center. Lori works at the Hruska Clinic with their unique approach in Postural Restoration science and has earned the designation of Postural Restoration Certified (PRC) as a result of advanced training, extraordinary interest and devotion to the science of postural adaptations, asymmetrical patterns, and the influence of polyarticular chains of muscles on the human body as defined by the Postural Restoration Institute (PRI). She is a Faculty Professor thru PRI and teaches to other health care professionals across the country. She also treats patients nationally and internationally who come to the Hruska Clinic for their unique approach. In her 20 years of clinical experience, she has worked with numerous high school, collegiate, and competitive runners. She is an avid runner and has participated in several half and full marathons.

**COURSE AGENDA**

*Saturday, August 8th*

8:00 - 8:30  Check-In and Light Breakfast
8:30 - 10:15  Movement Variability (Lori)
10:15—10:30  Break
10:30 - 12:00  Aerobic Capacity (Eric)